

Blacksburg Parks and Recreation



Town of Blacksburg

A newsletter for Blacksburg Active Adult Programs, 725 Patrick Henry Dr. Call Joy Herbert, Senior Programs Supervisor to be placed on the mailing list. 540-443-1142 or jherbert@blacksburg.gov

Fall 2021

A Listing of Trips, Classes and Special Events

For more information on these programs contact Joy at 540-443-1142 or check out our website at www.blacksburg.gov/recreation.

In the event of inclement weather, please call the community center at 540-443-1140

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Town of Blacksburg's Senior Center Endowment Fund

Thanks to generous donations, the Town of Blacksburg's Senior Center Endowment Fund is once again fully endowed. The idea to establish the fund was initiated by the late Connie Anderson, and her leadership and generosity helped to make this project successful. The fund is an Agency Grant specific for the Blacksburg Senior Center, and as the fund grows in the future, the annual disbursement amount from the fund will also grow and be used exclusively for Senior Center needs. The fund is managed by the Community Foundation of the New River Valley. All donations are tax deductible and can be sent to The Community Foundation of the New River, PO Box 6009, Christiansburg, VA 24068-6009. Designated fund is the Town of Blacksburg-Senior Center Endowment Fund.

Registration Procedures

HOW IT WORKS

All Registration:

Walk-in, Phone-in, Mail-in, On-line
and Fax-in)

Will begin Tuesday, Sep 14, 2021

Starting at 9AM

In all three locations

The Community Center (725 Patrick Henry Dr.)

540-443-1140, Fax 540-961-1897

Aquatic Center (625 Patrick Henry Dr.)

540-443-1120

Parks & Recreation Office (615 Patrick Henry
Dr.) 540-443-1100, fax 951-8313.

Online Registration is available.

Sign up for and view programs at

<https://recreation.blacksburg.gov>. In order to use our website you need a username and password, which is your household number. You can find this number at the top of any of your receipts or simply give us a call. First time customers will need to stop by one of our facilities to be entered into our computer system. On line also begins 9AM

- A credit card is required to process all phoned-in, On-Line and faxed-in registrations. Master Card and Visa are accepted.
- All classes and trips are on a first come, first serve basis.
- Programs are designed for seniors ages 50 and above. However, all adults are welcome to participate.
- You may use our mail-in registration form which is located on Page 16. However, mailing in your registration does not guarantee you a spot. Mail in forms are processed the day that registration begins and are added to the roster if space is available.
- **You may register one person in addition to yourself when registering in person.**

Refunds

- Refund requests must be made 7 business days prior to the start of a program or rental unless indicated differently with program listing.
- Less than 7 day notice of a cancellation will result in NO REFUND being given unless a substitute can be found.
- Requests received less than 7 business days prior to the start of a programs, class or rental are not guaranteed any refund. Non-attendance/non-participation in a program or class does not entitle a patron to a refund.
- An additional \$25 service charge will be applied to all cash/check refunds. Refund checks from Finance may take up to 3 weeks to process. Credit cards will not be refunded until 2 business days have passed since the card was charged.
- Refunds under \$25 will only be issued as a household credit.

NOTE: Refunds for programs/trips will be at the discretion of the Supervisor due to prior pre-purchased/or reservation tickets.

Joy Rides :D

For Those with Special Needs

The department's 20 passenger busses have room to carry walkers, canes or similar assistive devices. However, staff is unable to personally assist individuals beyond loading and unloading the vehicle. Therefore, we require a caretaker or aide to accompany participants with special needs such as significant hearing or vision impairments or mental disabilities, who require personal assistance during the operation of the bus or Active Adult programs

Important Trip information

- We ask that you arrive at least 15 minutes prior to departure.
- Seating is on a first come first serve basis. However, staff may reserve front seats for those with physical limitations.
- Staff will supervise loading of the bus. Front seats are in high demand. Therefore, if you are traveling alone, be prepared to share that front seat with another passenger.
- We ask that you utilize the overhead bins for personal belongings.
- Saving of seats is not permitted. However, if you are traveling with someone, you are allowed to save the one seat next to you.
- Your comfort is important to us. However, it is difficult to find the perfect temperature for everyone. We suggest that you dress in layers.

Green Valley Book Fair & Shenandoah Family Market (123600-F1)

Take advantage of the Book Fair's huge selection and low prices of 60-90% off retail prices. Enjoy the many shops at the market that include antiques, arts & crafts, jewelry, furniture, Amish items, gifts and much more.

When W, Sep 22

Itinerary Depart center at 9am (please check in no later than 15 minutes prior to departure). Return to the center estimated by 6:30pm.

Cost \$15R/25NR. Fee includes transportation only. Lunch on your own at the Market Café.

Registration begin Sep 14

“Country Roads” - Wohlfart haus Dinner Theater (123600-D3)

A tribute to Country Music and its stars of the past and present. This original revue features a talented cast of singer's as well as an incredible live band and will remind you why “You were Country when Country wasn’t Cool.”

When Th Sep 30

Itinerary Depart center at 11am(please check in at least 15 minutes prior to departure. Return estimated by 5:30pm.

Cost \$54R/\$64NR. Fee includes transportation, performance and meal.

Registration begins Sep 14.

Mystery Dine Outs

Indulge in some culinary experiences and surprises. It’s amazing, the variety of flavors that surround us. We promise no fast food or large chain restaurants, only popular and unique destinations in a casual atmosphere.

Registration begins Sep 14

123600-F5	Th Nov 17	Please check in at least 15 minutes prior to departure.	10:15am-2pm	\$8/16 for each trip. meal extra
123600-F9	W Dec 15		TBD	
123600-J1	W Jan 19		10:15am-1:45pm	



Peaks of Otter (123600-F6)

Fall wouldn't be complete without our annual trip to Peaks of Otter Lodge on the Blue Ridge Parkway for their October Fest Buffet. Enjoy great company with wonderful food in a tranquil setting followed by scenic stops along the Parkway as we travel home.

When Th Oct 14

Itinerary Depart center at 10:15am (please check in no later than 15 minutes prior to departure). Return to the center estimated by 4:15pm.

Cost \$38R/48NR. Fee includes transportation and buffet

Registration begin Sep 14

NEW-Sunset Rafting on the New River (123600-F7)

Enjoy a relaxing 1 1/2 hour float down the New River. Sit back, relax and enjoy the sights and conversation while our professional guide rows you down the river. Afterwards, enjoy dinner at the Palisades restaurant.

When W Sep 29

Itinerary Depart center at 1:45pm (please check in at least 15 minutes prior to departure) with return estimated by 8pm

Cost \$35R/45NR. Fee includes Van transportation and guided raft ride. Dinner extra

Registration begins Sep 14.

NEW-Hungry for History (123600-D4)

A fun ways to enjoy food and history of Wytheville Mansions. We will tour and have appetizers at Loretto Mansion, main entrée and tour at Heritage Preservation Center and tour and dessert at Trinkle Mansion B&B.

When W Oct 6

Itinerary Depart center at 8:30am (please check in at least 30 minutes prior to departure) with return estimated by 6pm.

Cost \$62R/72NR. Fee includes transportation, step on guide, tours and food.

Registration begins Sep 14.

New

Museums of Wytheville (123600-D2)

Learn about the history of Wytheville, from Civil War History through the Polio outbreak which affected the city more than any other city in the U.S. Museums we will visit include the Thomas J. Boyd, the Haller Gibboney Rock House and the Transportation Museum

When Th Oct 21

Itinerary Depart center at 9am (please check in at least 15 minutes prior to departure). Return to the center estimated by 5:30pm.

Cost \$25R/35NR. Fee includes transportation, guided tours, museum entrance. Lunch extra at the Dayton Market Cafe.

Registration begins Sep 14.

“Christmas in the Mountains” Wohlfarthaus Dinner Theater (123600-D1)

This Christmas story is set at the Kringle Lodge. The cast will dazzle you as they pull out all stops to keep Santa and Christmas on the calendar with songs from old and new and will put you in the Christmas spirit

When W Dec 8

Itinerary Depart center at 11am (please check in at least 15 minutes prior to departure) with return estimated by 6pm.

Cost \$59/69NR includes transportation, performance and meal

Registration begins Sep 14

New– History Tour of Monroe County(123600-S3)

Let’s travel with Historian April Martin for a tour of sites in Monroe County with a scenic drive through parts of nearby Giles and Craig Counties

When M Oct 4

Itinerary Depart center at 10:30am (check in at least 3 minutes prior to departure). Return estimated by 6:30pm.

Cost \$30R/\$40NR. Fee includes transportation and guided tour. Lunch extra at the popular Paint Bank restaurant.

Registration begins Sep 14.

Walker Valley Market - Pearisburg (123600-F8)

Mennonite owned and operated in Pearisburg. While they prepare lunch for us, shop bulk foods, pottery and gifts, primitive décor, hand crafted Amish Furniture, hard to find house wares and much more.

When Th Dec 16

Itinerary Depart center at 10am (please check in at least 15 minutes prior to departure). Return to the center estimated by 2pm.

Cost \$8R/16NR. Fee includes transportation. Lunch extra.

Registration begins Sep 12.

Multi Day Travel

These exciting Trips include Deluxe Motor Coach transportation, Lodging, most meals, and trip highlights listed below. Trips are fully escorted with area step on guides. \$50 deposit for each trip required at registration with remaining balance due 6 weeks prior to departure.

Pigeon Forge & Gatlinburg, TN

323600-HD \$279/\$289(Double Occupancy)

323600-HS \$299/\$309 (Single Occupancy)

2 Fabulous shows - "Country Tonite" and "Smith Morning Variety Show", guided tour of the Great Smoky Mountain National Park, Visit to Apple Barn Village and Winery.

Tu Oct 19-W Oct 20

New York City Christmas 223600-HD

223600-HD \$699/719 (Double Occupancy)

223600-HS \$859/869 (Single Occupancy)

Orchestra Seating for a Fabulous Broadway Show with an optional 2nd Broadway show, guided tours including Rockefeller Center, St. Patrick's Cathedral, 5th Avenue Store Windows, Radio City Music Hall, visit to the 9/11 Memorial and Museum, Grand Central Station's Holiday Fair and Chelsea Market and more.

Tu-F Nov 30-Dec 3

Registration is ongoing until trips are full. Register today!

Classes

Shakespeare for Adults (123301-A1)

This fall the class will be learning one of Shakespeare's most intriguing works—Hamlet. Leader is Don Rude Meeting time is extended to allow ample time to view a film of the act that has been discussed

When M Sep 20-Oct 25
Time 9:30an-noon
Where Blacksburg Community Center
Cost \$5/10
Registration begins Sep 14



Art Lover's Club (123201-A3)

Join fellow artists or would-be artists for a weekly opportunity to learn and share painting/drawing skills. 3 times this session, artist Betty Moore, will lead the class and provide instruction, critique and suggestions for future projects.

When Tu Sep 28 - Dec 28
Cost \$40/50. Fee includes a monthly 2 hour class. Dates TBD.
Supplies extra
Time 9:30-11:30am
Where Blacksburg Community Center Art Room.
Registration begins Sep 14



Computer, Smartphone, Tablet Help Sessions

Volunteers from "Computer Science Community Service" at Virginia Tech will be sharing their skills with the community. Bring questions and suggestions for material you would like them to present. Individual help sessions also available.

When More information including meeting dates and times will be available in September once the VT Fall term has begun.
Cost Free
Where Blacksburg Community Center Computer Lab.

Special Events

NEW-"Comedy Ain't Easy, I Know I've Tried" with Steve Huppert

Come to a fun and informative event as Steve entertains you with Comedy and Comedians. From Vaudeville to the 50's including Bob Hope, George Burns, Carol Burnett, Abbot & Costello and others . This is a 2 part series. Programs are free but require registration.

(123000-F1) Tu Oct 12 1-2pm

(123201-WR) Tu Oct 26 1-2pm

Program is free but registration is required and begins Sep 14.

Fall Luncheon & Bingo (123000-P1)

Join us for food, Fun and Great Company

When Th Nov 18

Time 11:30am

Fee \$5, bring \$1 in quarters for bingo prizes. Fee includes meal.

Registration begins Sep 14



Ongoing Programs

• **Bridge and Mahjongg**

A room is reserved for any group(s) to play weekly. For Duplicate Bridge, contact Richard Huber at 304-466-0341 or richard55fla@yahoo.com

Sanctioned Duplicate ACBL Game

W,F 12pm Fee - Donation

Party Bridge

1st & 3rd Tu 1pm Free

Mah Jongg

W 1pm Free

• **Book Club**

The next best thing to reading a great book is talking about it with friends. No registration required and program is free. Group meets the second Thursday of each month.

• **Spunsters**

Join us as we spin fiber into yarn to use in projects like knitting and weaving. Anyone interested in fiber arts is welcome as we learn and Share. Group meets Thursdays each week from 1-4pm. There is also a group that meets the second Wednesday evening of each month at 7pm. Program is free.

• **Line Dancing**

It's fun and great exercise. Line Dance to a variety of music (50's to current). No partner needed. Every Thursday at 1:30pm. Beginners are encouraged to come at 1pm. No prior dance experience necessary.

When Th beginning September 9 the program is ongoing
Time 12:30-1:30pm
Fee Pay instructor \$5 for each class you attend.

NEW - Grief Relief Through Art (123330-A1)

Good Samaritan Hospice will be partnering with us to bring you this unique workshop. Creative expression can be a powerful tool in coping with grief and loss. This workshop, using collage, aims to help grieving adults express their feelings, while also completing a collage project. You don't have to consider yourself an artist to reap the benefits of this workshop as your workshop only requires an open mind and ability to use scissors and glue. Grief education and support will be provided while working on your project.

When Th Oct 24
Time 10am-12noon
Where Blacksburg Community Center
Cost Free but registration is required as space is limited. All supplies provided.

Registration begins Sep 10

AARP Defensive Driving (123300-01)

Another award winning AARP Safe Driving Course will be held at the community center. Attending this course can save you up to 10% on your auto insurance. Registration required

When W/Th Oct 9&10
Time 1-5pm
Where Blacksburg Community Center
Cost \$15 for AARP members and \$20 for non members. Pay instructor first day of class.

Call Joy Herbert at 443-1142 to register.

FALL FITNESS CLASSES

Health and Fitness Exercise Classes

- The following 9 classes are ongoing and interchangeable. **Passes are good for one year** from the date of purchase. Each participant needs to purchase their own pass. A pass must be active in order to participate in the class. Please check with a doctor before beginning any fitness program.

FEES: 13 time pass R\$25/NR\$35; 35 time pass R\$55/NR\$65

1. Strength Training Class

Whether you are just committing to a stronger self or want to improve your current routine, this class is for you. There are tremendous benefits to weight training besides strength. You'll also improve balance, range of motion, good posture and functional performance of everyday activities

Date	Time
Tuesday & Thursday	9:00-9:55am

- #### 2. Aerobics
- Program focuses on improving muscular strength and endurance, flexibility, range of motion, stability and balance. Learn to develop a healthy lifestyle in a comfortable atmosphere. It's never too late to start!

Date	Time
M, W, F	8:30 -9:25 am

- #### 3. Healthy Backs
- An exercise class with a focus on participants regaining or maintaining muscular strength, flexibility, balance, and a back free of pain and stiffness. Fitness and relaxation as well as other benefits.

Date	Time
M, W, F	10:30-11:25am

- #### 4. Pilates
- A gentle introduction to the fundamentals of Mat-Work Pilates. Strengthen and lengthen your body through sequential movement and development of core support with proper breathing

Date	Time
Tu/Th	10:00-10:55am

5. 30 Minute "Get Fit with HIIT!" (High Intensity Interval Training)

Get a strenuous workout before or after work – all in 30 minutes! Raise your heart-rate and challenge your strength using a variance of free weights, bands, and body weight exercises.

Date	Time
M/W M/W	6:15-6:45am 5:15-5:45pm

6. Chair Exercise

A 45-minute class that will include 5 segments: warm up, low impact cardio (adaptable to those unable to exercise standing), resistance, cool down, and relaxation.

Date	Time
Tu, Th	9am-9:45am

- #### 7. Zumba
- is a Latin-inspired, dance fitness class. It fuses Latin and international rhythms with easy-to-follow moves to create a dynamic, exciting, and effective workout programs. The name "Zumba" Comes from a Colombian word that means to move fast and have fun. A higher intensity workout designed for ages 18 and above.

8. Kettle Bell Class Find a new way to tone and muscle up using kettlebells. Swing, lunge, and lift to raise your heart-rate and develop your fitness. Improve body composition and cardiovascular endurance with a fun, fast-paced class that will get you ready to dive into your day!

Date	Time
Tu/Th	6:15-6:45am

9. Basic Balance Falls are the #1 cause of injuries among older Americans. Don't fall prey to slips and falls! Improve your balance in the 30-minute class.

Date	Time
Tu	11-11:30am
W	8-8:30am
F	9:30-10am

Fitness Center Passes

The Senior Fitness Center features treadmills, stationary bikes, elliptical trainers, weight machine, step machines and free weights. Five times pass \$10; 30 times pass \$35; 50 times pass \$50. All passes are good for one year from date of purchase.

Fitness Center Orientation

After purchasing a pass for the fitness center, staff can provide general instruction on the proper use of the fitness center equipment. Once registered for the orientation, staff will set up an appointment. For exercise beginners or those with specific needs, try the Personal Training program with a certified trainer. Activity #: 223320-A1

Personal Training

A doctor's written permission **MAY** be required to participate in this program. Each package purchased is good up to one year. Fee (R/NR): Five sessions \$110/\$120; 10 sessions \$185/\$195; Use of fitness center will be an additional charge.

Fitness Center Rules: Before using Fitness Center, please consult with fitness professional as to the proper use of the equipment.

- To ensure a comfortable atmosphere for everyone, please be courteous & respectful of others.
- During peak hours (or while others are waiting) limit time on the treadmill, elliptical, cycles, etc. to 20-30 minutes.
- Wipe down equipment for the next user.
- Wear proper workout attire: no cutoff shorts, bare feet, or sandals allowed, and shirts must be worn at all times.
- No food or beverages (except water bottles).
- Return all equipment to its proper place.
- Do not touch TV's, please ask attendant for assistance.

Only Employees of the Town of Blacksburg are allow to train other participants in our fitness facility.

Morning Tai Chi

Increase your balance, strength, circulation and mental focus in this class. Tai Chi is based on slow, gentle and relaxed movements that incorporate the whole body. Three 6-week sessions are offered this season.

Activity #	Date	Age	Time	Fee (R/NR)
123503-B1	Tu,Th Sep 17-Oct 24	designed for ages 50 & above but all are welcome	10-11AM	\$15R/25NR per session
123503-B2	Tu,Th Nov 5-Dec 19			

Mail In Registration Form

Please Print Clearly

Mail to: Joy Herbert, Parks and Recreation, 725 Patrick Henry Dr, Blacksburg, VA 24060

1st Primary Name(First) _____ (MI) _____ (Last) _____

Date of Birth: _____ (ex:1/20/04)

Address: _____ City/

St _____ Zip _____

Resident _____ Non-Resident _____ E-Mail _____

2nd Primary Name: (First) _____ (MI) _____ (Last) _____

Date of Birth: _____ (ex:1/20/04)

Address: _____ City/St _____ Zip _____

Resident _____ Non-Resident _____ E-mail _____

Emergency Contact

Name: _____ Phone: _____

Activity Number (ex: 223600-A1) 1) _____ 2) _____ 3) _____ 4) _____

Payment:\$ _____
(check one) _____ Check _____ MasterCard/Visa # _____ Exp _____
Security Code _____

Assumption of Risk in Connection with Participation in Recreational Activity

1. In Consideration of the acceptance of my application for entry in the above event or class, I hereby waive, release and discharge any and all claims for damages for death, personal injury of property damage which I may have as a result of my participation. This release is intended to discharge in advance the Town of Blacksburg and its agents and employees from and against any and all liability arising out of or connected in any way with my participation in said event or class, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above.
2. I understand that serious accidents occasionally occur during recreational activities, sports, outdoor activities, or fitness activities, and that participants occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of the particular activity for which I have registered, I hereby agree to assume those risks and to release and hold harmless all the personas or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages.
3. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns.
4. I give the Town of Blacksburg the right to use photographs of me, participating in this program, in its own promotional materials
5. I agree to accept and abide by the rules and regulations of the Town of Blacksburg Parks & Recreation Department.
6. I give my consent to allow a doctor to administer emergency treatment to me, or my child, if needed.
7. List any medical problems such as allergies, asthma, allergic reaction to bee stings, etc.
8. Can participant swim? (only if it pertains to program)

Signed _____ Date: _____